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Danny Boyle is back to 'Trainspotting.' 10

Pats steal the show at Fenway. 14

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Tuesday, April 4, 2017 metro.us | t: MetroBOS | f: MetroBoston

'EVERY BODY' YOGA

Jessamyn Stanley says get your asana on the mat. 13



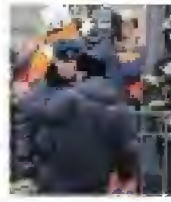
OFFICE POLITICS

Many people feel uneasy when their co-workers talk politics on the job. 6



BLAST IN RUSSIA METRO STATION KILLS 10

Ten people were killed and more than 20 were injured when an explosion tore through a train carriage in a St. Petersburg metro tunnel in what authorities called a probable terrorist attack. Russian news media said police were searching for a man recorded on surveillance cameras who was thought to have been involved in the attack, which coincided with a visit to the city by President Vladimir Putin. Private



television station Ren TV broadcast grainy pictures, it said were captured by a camera on board a metro train of a middle-aged man with a beard, a long black coat and black hat. Closed-circuit footage from a few minutes later showed him outside the station hit by the blast, looking at his telephone. **REUTERS**

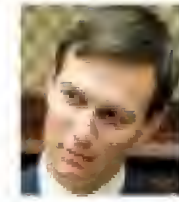
US ANNOUNCES STEPS AGAINST H1B VISA FRAUD

The U.S. Department of Homeland Security announced steps on Monday to prevent the fraudulent use of H1B visas, used by employers to bring in specialized foreign workers temporarily, which appeared to fall short of President Donald Trump's campaign promises to overhaul the program. Trump had promised to end the lottery system for H1B visas, which

gives each applicant an equal chance at 65,000 positions each year. Lobbyists for businesses who rely on H1B visas, commonly used by the tech sector, had expected Trump to upend the lottery in favor of a system that prioritized workers who are highly skilled and would be highly paid in the United States. The lottery for fiscal year 2018 opened on Monday without changes. **REUTERS**

KUSHNER FLIES INTO IRAQ WITH TOP US GENERAL

President Donald Trump's son-in-law, Jared Kushner, flew into Iraq with the top U.S. military officer to get a first-hand assessment of the battle against Islamic State from U.S. commanders on the ground and to meet Iraqi officials. For Kushner, who has not been to Iraq before, the trip comes at a critical time as Trump examines ways to accelerate a U.S.-led coalition campaign that U.S. and Iraqi of-



ficials say has so far been largely successful in uprooting Islamic State militants in Iraq and Syria. The visit appears to demonstrate the far-reaching portfolio of Kushner, 36, who has been given a wide range of domestic and foreign policy responsibilities, including working on a Middle East peace deal. **REUTERS**

5

THINGS YOU NEED TO KNOW

OPENING DAY

4 Tom Brady and Rob Gronkowski of the New England Patriots hold the Super Bowl trophies during a pregame ceremony before the Boston Red Sox home opener against the Pittsburgh Pirates on Monday at Fenway Park. **GETTY IMAGES**

ST. LOUIS BOX FACTORY EXPLOSION KILLS THREE

A boiler explosion at a cardboard box plant in St. Louis killed three people and injured four more, fire officials said. The blast at Loy-Lange Box Company sent part of the boiler crashing into a nearby building housing a linen laundry service, according to KTVI. Two of the injured were listed in critical condition and transported for treatment by emergency medical services, the St. Louis Fire Department

said on Twitter. Two others suffered non-life-threatening injuries. One of those killed was a box factory employee, and two of the dead worked at the linen service, the St. Louis Post-Dispatch reported, citing fire officials. The Loy-Lange Box Company could not be immediately reached for comment. The company, founded in 1897, produces corrugated cardboard boxes as well as product displays. **REUTERS**

WELCOME TO METRO.US!



ERIN TIERNAN, WEB REPORTER

A pair of European university professors have published papers that argue that conservative politicians are better looking than their liberal counterparts. Should Donald Trump attribute his election victory to his comb-over? Then again, he wasn't elected on the basis of the popular vote. Check out what the academics had to say about beauty and the right wing at metro.us/news.

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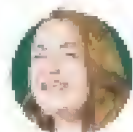
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Half-century later, Boston Marathon trailblazer Kathrine Switzer runs again

Switzer, the first woman to officially complete the race, will run on April 17, with a far friendlier reception expected.



ERIN TIERNAN
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Fifty years after her historic Boston Marathon run, Kathrine Switzer will once again lace up her shoes and run the 26.2-mile course. But unlike the first time, when a race official accosted her near the start, she will receive a far friendlier reception.

Switzer was the first woman to officially enter and finish the race when she competed in 1967, a trailblazing effort that would set her on a life-long path of advocating for women in sports.

When Switzer ran in

Boston half a century ago, the 20-year-old was the only registered female runner. When she returns for the Monday, April 17, event, she will be joined on the course by about 15,000 other elite female runners.

Switzer wasn't trying to break any barriers that first time around. There were no rules that explicitly banned women from running, and women had unofficially raced and finished before. But no woman had ever received a numbered entry.

In her race application, she entered using only her first initial, "K," allowing her in without alerting officials to her gender.

Switzer's story really started to take shape as she passed the two-mile marker that day.

"It wasn't until a race official attacked me during the run did I become determined to finish and speak out on behalf of all



Kathrine Switzer with a mile to go in the difficult Motatapu Icebreaker, an all off-road mountain marathon in the South Island of New Zealand. 2010. KATHRINE SWITZER

women," she recalled on her website.

Switzer was referring to the infamous attempt by a race official to rip bib number 261 off her shirt. Dressed in baggy gray sweats that day, Switzer

stuck out among the sea of runners as the only woman.

The race official, John "Jock" Semple, was so livid that a woman was running with an official number, that he sprinted onto the course and tried to rip the number from her. The scary, but unsuccessful attack was captured on camera, along with the actions of fellow runners who pushed Semple away.

Although Semple had her disqualified, Switzer ended up completing the race in 4 hours and 20 minutes, crossing the finish line with a sense of purpose.

"I got my energy back,

and became both radicalized and inspired by the incident with the official to create opportunities for other women in running," she recalled. "When I finished, I felt like I had a life plan, and in fact, I did."

It would be five years before women would be invited to run in the Boston Marathon.

Fast forward to 2017, when nearly half of the 30,000 racers competing will be women.

Switzer's story grabbed headlines and she would take that drive and determination around the globe. To date, Switzer, now 70, has completed 39 marathons, inspir-

ing thousands of women along the way.

Her organization, 261 Fearless, works to connect women runners and walkers and promotes healthy lifestyle values. It is named after that 1967 Boston Marathon race number. She also wrote a memoir, "Marathon Woman." A new edition of the book will be released Tuesday to celebrate the 50th anniversary of her run.

Switzer is credited for making room for women in marathon running. She even helped lobby to get the women's marathon added as an official Olympic sport — it was first included in the 1984 games.

Pushing for equality for women in sports has larger implications for how women are viewed in society, Switzer wrote on her website.

"I knew when the world saw women in the most difficult of all running events, competing in the most important and prestigious sports event — the Olympics — it would change world attitudes about women's capability," she wrote. "Everyone everywhere understands that 26.2 miles is a long way to run, and when they see women doing it they know that women can do anything and should be allowed to participate."

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Alisha Miranda noticed that many of her co-workers felt uncomfortable talking politics after the presidential election. KATHLYN MOORE

Feeling uncomfortable about political talk at work?

A survey shows that
about one out of every
three employees
shirk from political
conversations.



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When the workplace
conversation turns to
politics, many employees
turn away, uncomfortable
with engaging in a possible confrontation
that has nothing to do
with their job.

After the presidential
election, Alisha Miranda
felt extremely uncomfortable
at work. She had
assumed that most of
her co-workers at media
company Technically in
Philadelphia shared her
political views, but then
she began to have doubts.

So she started a channel
in the chat platform
Slack to connect with her
co-workers. She found
that other people were
just as uncomfortable
about the outcome of the
election as she was.

"It was palpable in the
air that people weren't
happy," Miranda said.
"Through conversation,
people started opening up
about how uncomfortable
they were, and that the
[company's] leadership

wasn't saying anything.
Before that, we had never
really talked to each other
about this."

More than one out of
every three people who
responded to a recent
survey of 5,000 American
workers said they felt uncomfortable
talking politics with their co-workers,
reported Peakon, a
company that gathers
and analyzes employee
feedback.

Democrats are the
most at ease discussing
politics, while women
who support President

Smith is more vocal about
politics on social media
than he is professionally.
He created a Facebook
page to try to unite people
in his neighborhood.

Deborah Saldaña, a
personal trainer and free-
lance interpreter, also
tries to find outlets for her
political views outside of
work.

"I don't think people
are comfortably numb,
but I have to keep a tight
lid on it," she said. "Even
when I sympathize, I can't
get too involved."

Sometimes talking

*"We have brief conversations,
but definitely avoid
debating. I think Republicans
are trying to lay low and
let things work out."*

Pete Smith

Trump are the group least
comfortable, according to
the survey.

"It's very uncomfortable,"
said Pete Smith, a
manager at a company
that makes custom uni-
forms. "We have brief
conversations, but definitely
avoid debating. I think
Republicans are trying
to lay low and let things
work out."

Like many people,

about politics isn't a matter
of preference, but of
necessity. This can be especially
true for people
working in health care.

"We have to talk
about the future of the
Affordable Care Act," said
Stacey Carmody, a clinical
research coordinator
at a Philadelphia hospital.
"Whether people like it or
not, politics does intersect
with what we do."

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It's not Alec Baldwin's fault he called his daughter a pig

Alec Baldwin doesn't get it.

The 59-year-old, who has been permanently blinded by his privilege, says his notorious 2007 leaked voicemail to daughter Ireland Baldwin has done permanent damage to their relationship. Not him, mind you.

In the leaked message, Baldwin called his then 11-year-old daughter a "rude, thoughtless little pig," which is decidedly unchill. But according to *Us Weekly*, it's the fact that people

— aka the media — still bring it up that has hurt his babygirl. "It's a scar that never heals 'cause it's being picked at all the time by other people," he said, with no hint of irony. "My daughter, that's hurt her in a personal way." Oh gosh. I would laugh if this wasn't just a Shakespeare-inspired tragedy.

And that's it for today's edition of "Grown men who refuse to take responsibility for their actions." Hope you enjoyed it!

Kim Kardashian considers surrogacy

On Sunday night, Kim Kardashian revealed that expanding her family won't be easy. In fact, the reality star is considering surrogacy for her third child.

According to *People*, the 36-year-old underwent a procedure to help her carry another baby, but there were complications. Doctors told Kardashian that carrying another child would be dangerous.

"Not only has this

been really painful, but now hearing that

I can't carry any more kids, it couldn't get any worse," she said. "I always knew surrogacy was an option," she continued. "Now it's my reality."

Bravo for her candor. The more women speak out about this kind of thing, the more women can understand that it's a pretty common issue that arises. And that yeah, there can be struggles, but there can be hope, too.



the word

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Is Elton John just Ed Sheeran from the future?

Page Six has a little story about how Elton John wants nothing but the best for Ed Sheeran, and the singers' physical resemblance is frighteningly uncanny. It makes me wonder: Are they actually the same person?

A majority of John's advice to the younger singer sounds like something you'd tell your younger self, which basically proves my point.

First, Elton John told his younger self that he really ought to take a break. You know, cool his jets. "He was so omnipresent, I said 'Ed, even I'm sick of you. Go away.' And he did."

Then, Future Ed Sheeran told Young Ed Sheeran that he really ought to watch

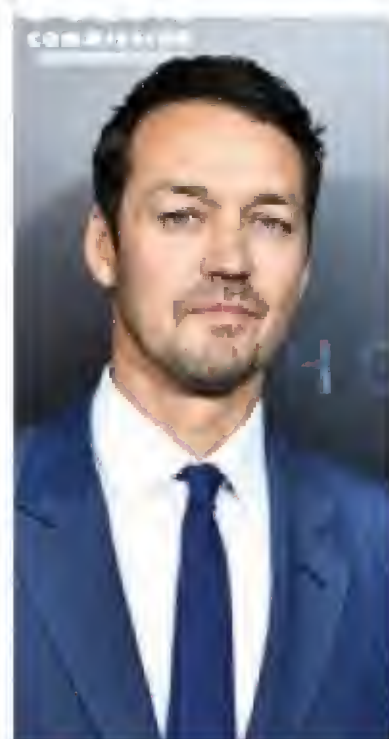
his weight. "One thing I said to him, I said, 'Don't put on weight,' because he's very prone to put on weight, like I am." Duh, because you're the same person.

And then the Elder Self came back with a compliment, because when it all comes down, it's all about self-care, and making yourself feel good. "He just went away and had a great time. And it was the most brilliant thing he could have done, because it refreshes the soul."

So yeah. One of them is a time-traveling wizard trying to change the course of the present through a relationship with himself. It's 2017! Things like this are bound to happen.



Rupert Sanders blames KStew affair on "art"



Rupert Sanders directed "Ghost in the Shell," starring Scarlett Johansson in a whitewashed role we will soon forget. And you know how the promotion trail goes — give 'em something juicy in the hopes that

a small controversy will get people interested in seeing your movie.

Sanders knows this. After all, he is most famous for directing Kristen Stewart in "Snow White and the Huntsman" then later making out with the actress — a woman 20 or so years his junior — in the back of her mom's Mini Cooper. And surely, he remembers his wife of 11 years divorcing him afterward. Armed with this knowledge, which of the following do you think he did?

A. Had a genuine conversation about the whitewashing controversy, and owned up to his part in the debacle.

B. Whitesplained his way around the plot of "Ghost in the Shell," crediting Scarlett Johansson for her stunning performance

and also her grace and composure through her nasty divorce.

C. Mansplained his 2011 affair with Kristen Stewart, and said that the affair was simply a "byproduct of making art."

Ding ding ding! The answer is C. What a man!

According to Perez Hilton, Sanders, 46, refuses to let what he calls a "momentary lapse" define his character. "Everybody makes mistakes," he said. "Around every corner there's something unexpected, and that's life."

Sanders is right in that everyone makes mistakes. But usually, by the time you're an adult, you own up to them. He should try it sometime!

Chris Evans tap dances, talks Jenny Slate

Chris Evans, extant Captain America and arguably the most charming dude-bro who ever lived, is making headlines this week for showing off his tap dancing skills on "Ellen." Which is all well and good — but I think we're all more interested in what he has to say about ex-girlfriend Jenny Slate.

The actor spoke with *People* and called Jenny Slate the following, ordered in increasing amount of heartwarm-iness that will make you question all of your romantic decisions to date.

"She's the best."

"She's incredibly compassionate."

"She's my favorite human."

"It's like an art form talking with her."

"There's just nothing to not love about her."

"I've never ever met someone in my life who has a mastery of the English language the way she

does."

Yeah, I think the last one is the most romantic. Who doesn't love a man who appreciates basic adherence to the style and principles of the English language?

Evans and Slate, both 35, met while filming the movie "Gifted," which is why Evans is tap dancing around in the first place. They broke up because ultimately, they were too different.



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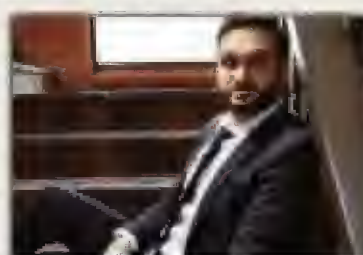
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KRIS KRISTOFFERSON
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PAUL SHAFFER
MAY 4

WHOSE LIVE ANYWAY?
MAY 7 & 8

DAVE ATTELL
MAY 13

DARK STAR ORCHESTRA
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The original cast including Ewan McGregor and Jonny Lee Miller are back in "T2 Trainspotting." JARP BUTENDIJK

Danny Boyle on how men age badly and the upside of heroin

The Oscar-winning director opens up about "T2 Trainspotting."



MATT PRIGGE
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Danny Boyle was really not sure he wanted to make a "Trainspotting" sequel. There was talk of a follow-up back around 2006, as the smash hit — the one about young heroin addicts played by Ewan McGregor, Jonny Lee Miller, Ewen Bremner and Robert Carlyle — was turning 10. But it didn't feel right.

Cut to 2015, with the 20th anniversary looming, and they decided to take another crack at it. It turns out the new "T2 Trainspotting" is very different indeed: gloomier, sadder, though still darkly comic. Where the first film was about youth, the second is about aging, and how badly our heroes — reunited after two decades — are handling their mid-40s.

You had no problem getting funding for this movie, whereas with the first, that must have been incredibly difficult. Back then, nobody wanted a drug movie. They don't work, nobody goes to see them. And they're depressing. The only reason we got permission to do it was because of the success of our first film, "Shallow Grave." And we had an idea of how to do it, so it was a celebration of the novel [by Irvine Welsh].

Whereas this new film is a little more introspective — inevitably, because of their ages. And also because of their reckoning. If you're going to do a film with the premise that Renton returns after an exile of 20 years, there's going to be more of a sense of reckoning rather than an immersion in a style of life, which is what the first one is, really.

The tone is different, too. It doesn't look or feel like the first. It's slower and much sadder. The biggest change is there's no voice-over. The first is a voice-over film. There's hardly any dialogue. It's all led by Renton. He leads you through the visuals. That was a big decision, not to give him voice-over this time. He can't hide behind the voice-over. He can't smart aleck his way through a voice-over again. He's got to say what

happened. Eventually you do hear him say that he's 46 and he's f—ed. That makes a huge difference to the style of the film, how you shoot it.

At the time, the first "Trainspotting" was criticized for "glamorizing" drugs. But it's so much more complex. It's not even simple anti-drug propaganda.

The first one is a celebration of this recklessness, this carelessness, this abandon you have as you emerge out of childhood. It didn't try to moralize about it, because that's what was unique about [Irvine Welsh's] book: It gives you their perspective, of these people who are normally viewed by mainstream society as victims or stupid or evil.

Often the people who are dealing out that morality have a relationship to drugs themselves. As Renton points out in the voice-over, they're addicted to the drug du jour, whether that's Prozac, whether that's Viagra, whether it's painkillers. And heroin is a painkiller.

It's in our hospitals, and if we're lucky we'll all die on it, because it's a very nice way to go, apparently. I've seen elderly relatives self-administering it. If you're unlucky enough to be in a car crash, you'll be on it. It's an extraordinary drug.



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Magical montage

"The Illusionists" will bring a nonstop show that'll blow your mind.

HEATHER ALTERISIO
@heathalt
letters@metro.us

"This is a magic show for people who didn't know they liked magic shows," Jeff Hobson explains. With seven magicians on stage — the Anti-Conjuror, the Inventor, the Deductionist, the Escapologist, the Manipulator, the Daredevil and the Trickster (himself) — he says no worries if you don't like one, because there are six more waiting to take your breath away. "The Illusionists — Live from Broadway" promises a spectacular and highly interactive variety magic show involving underwater tricks, levitation, mind reading and shock illusions.

Dan Sperry, former "America's Got Talent" contestant and Marilyn Manson lookalike, will have your jaw on the ground with his own brand of macabre magic. Kevin James may just split a body in half and spin it across the stage. Colin Cloud already knows everything about you — bank PIN and all. Meanwhile, Andrew Basso and Jonathon Goodwin will actually put their lives on the line. Yu

Ho-jin will twist the classic "now you see it, now you don't" and Hobson will have your laughing in between gasps.

Hobson, aka the Trickster, admits, "I feel more comfortable on stage sometimes than even my own home." After seeing a magician at his school at age of 7, he decided instantly that magic was what he wanted to do and never looked back.

One of his signature tricks on stage involves an audience member choosing a card, placing it back in the stack and shuffling it. Then for the interesting part, Hobson places the cards in his mouth, locates their card with his tongue and folds it three times.

"I know it will sound weird — it is weird — but it's hilariously funny, which is why I am the Trickster."

The "Host of Las Vegas" adds that this may be a show catered for adults, but people don't often realize that they can bring children. So don't hesitate: Bring the whole family and prepare to be amazed. If you're lucky, you may even be one of the 20-plus audience members that get to join in on the acts.

It's Houdini multiplied by seven. It's magic like you have never seen before.



Andrew Basso, the Escapologist puts his life on the line. ALL PHOTOS MAGIC SPACE



Will Kevin James, The Inventor, cut a body in half?



Dan Sperry, The Anti-Conjuror, is a Marilyn Manson lookalike.

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Cheryl Forberg of 'Biggest Loser' says eat your veggies

The nutritionist shares weight loss tips for spring.

KATE MOONEY
@yatinbrooklyn
kate.mooney@meteo.us

Common sense would tell you to eat less if you're trying to lose weight, but eating more of the right kinds of foods could be the answer. Cheryl Forberg, registered dietitian and nutritionist for "The Biggest Loser," says one way to shed pounds is by increasing your veggie intake.

Vegetables are very high in water and fiber but low in calories, so they're a great way to fill you up and keep you from noshing on junk food and empty carbs, Forberg explains.

The James Beard Award-winning chef says most Americans

aren't eating even half the amount of daily fruits and vegetables as they should be. She recommends 4 cups a day of mostly veggies — go easy on the fruit, which is high in sugar and calories, and won't sustain you for long if you eat it by itself, she cautions. Instead, she recommends enjoying a fruit serving with protein, say, full-fat Greek yogurt.



Cheryl Forberg PROVIDED

Change your daily eating habits

While clearing 4 cups of veggies daily can seem overwhelming, it isn't if you find different ways to work in greens for breakfast, lunch, dinner and in between.

"A lot of us like to graze on snacks all day; I personally like to keep bowls of vegetables around the house," she says. "It's a way of getting that crunch and staying full."

Another way to increase your servings? "A lot of people think veggies are just for dinner," she says. "It's easier to reach your goal if you spread them out throughout the day."

She recommends adding in spinach and tomato to a morning omelette, enjoying crudite with hummus for a morning snack and layering on as many veggies on your lunchtime sandwich or salad as you can.

And don't forget smoothies. As long as you avoid sweeteners, they're a very easy way for the greens to go down.



wellbeing

You should be consuming nearly 4 cups of veggies a day, recommends Forberg. ISTOCK

Enjoy a variety of preparations

If munching on raw veggies makes you feel like a rabbit and you're craving the taste of, say, caramelized carrots and squash, roasting is OK, so long as you don't overdo it on the salt and oil, Forberg says. And take it easy on starchy, dense root vegetables, like potatoes, which are higher in calories. Instead, eat more low-calorie, high-in-water options like leafy greens and tomatoes.

You can tell the health benefits from the look of them. "A lot of antioxidants and vitamins are found in the pigment," she says, adding that varying the color of your food will ensure you're consuming a variety of nutrients.

Looking for a veggie fix on your cheat day? Forberg says salsa counts — you heard it here first.

Eat what's local and seasonal

Forberg, a green thumb herself, says when you eat produce that's fresh, whether from the farmers market or pulled from your own garden, you know its nutrient ratio is high. The Napa, California, resident is the spokesperson for Seeds of Change, which awards \$310,000 in annual grants towards creating 24 sustainable community gardens around the country. Visit seedsofchange.org to learn more about how to start your own.

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Jessamyn Stanley: Yoga is for 'every body'



"Every Body Yoga" author Jessamyn Stanley will be at The Boston Public Library on Boylston St., Tuesday, June 6 from 6:00-7:30 p.m. ZOE UTAKER

It's about how you feel,
not how you look.



Jessamyn Stanley doesn't have a stereotypical yoga body, but frankly, that's irrelevant. The 29-year-old self-proclaimed "fat femme" has nearly 300,000 followers on Instagram, where she shares photos of herself mastering the gamut of yoga poses, curves be damned. And forget trendy, reductive buzzwords like "fat yoga"; Stanley believes everyone can benefit from the practice.

In her debut book, "Every Body Yoga," out today from Workman Publishing, the Durham, North Carolina-based yoga instructor shares her own path from depressed teen strug-

gling with body image issues galore, to a young woman who's found a passion and a coping mechanism in her daily practice.

But yoga is a tool, not a cure-all; as she puts it, "your practice will continue to buoy you while

or anyone who wants to deepen their practice. Stanley calls in to talk about how to get started with yoga, why she likes to practice at home and her trick to staying motivated.

How taking yoga selfies helped her body image issues

When Stanley began photographing herself mid-pose to post online and get feedback from the yoga community, she ended up realizing the "very clear disconnect" between how she sees herself and how she actually exists, she explains.

"In the moment when I'd be in the pose, I'd be like, 'Yes, I'm so strong, I'm connecting with my breath, everything is amazing,'" says Stanley. "And then I'd look at the photos and immedi-

ately start talking s— to myself, 'Oh my God, I'm so gross, my neck is so fat.'" Discovering this contradiction has helped her inch closer to a body positive mindset by realizing that the self-hate is all in her head.

Just get on the mat

Stanley gets that motivation is a fickle mistress. No matter how committed or type A you are, everybody has days when they feel like skipping out on exercise.

Stanley's advice? Thinking of yoga as a "spiritual practice you need to take care of every day" will help you tackle the hardest part: getting on the mat.

To keep herself accountable, she always leaves hers rolled out, whether at home or in a hotel room, so that there's really no excuse.

Doing yoga at home

How to start your day, take an afternoon break and chill out before bed

Morning warrior II pose: "It reminds you that you're strong, you can literally feel it when you're on the mat. When you go out for the rest of the day, you'll still feel that grounding."

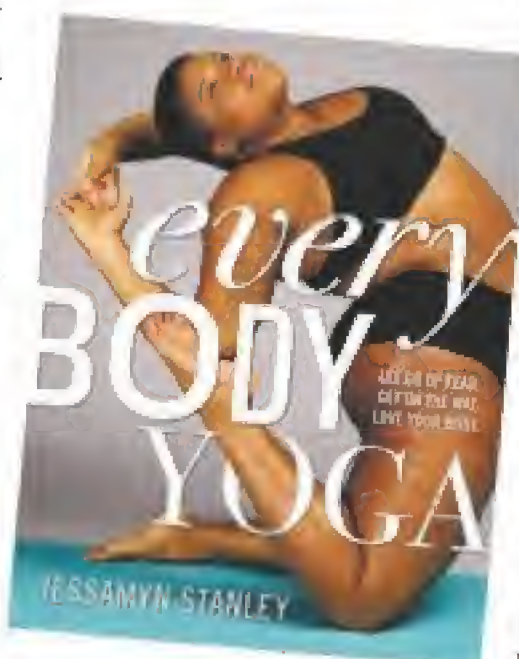
An afternoon forward fold: "Sometimes during the day we just feel like everything is weighing down on us and we can't see anything new. Flip yourself upside down, shake it out, let everything release and then roll back up and you'll feel like a completely different person. You need the jolt."

Prebed hip opener, the one legged king pigeon pose: "The stress and tension of our lives gets trapped in our hips and they get really cramped. Some people never empty their hips, and then when they do, it's a very emotional reaction. Just let all of it go. When you're passive like that, it's a very nice introduction to bed."

If you can't afford to pay \$20 a pop for classes at a studio, or you don't have time in your schedule, Stanley recommends practicing at home. For her, it was liberating: "I was free to wear whatever I wanted, hold poses as long as I wanted, and break a lot of rules," she writes.

Stanley herself offers online classes on Cody App; she also recommends yogaglo.com,

which offer unlimited classes for only \$18/month. Or follow along with "Every Body Yoga," which details sequences of poses to suit a variety of intentions, from "I need to stand strong" (cycling through warrior II, mountain pose, extended triangle pose) to "I want to see the world from another angle" (begins with downward facing dog and ends in a headstand).



your life continues to unfold." With over 50 poses and sequences, the book also serves as a how-to for a yoga novice

A Free Globe Sports Talk

2017 NBA Playoffs

The Globe's **Dan Shaughnessy** talks with former player **Dana Barros** about the upcoming NBA Playoffs.

Thursday, April 6 | 5:30 p.m.
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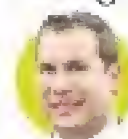
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All smiles at Fenway on Opening Day

The Red Sox are 1-0 in 2017 thanks to a 5-3 win over Pittsburgh on Monday.



MATT BURKE
@burke_metro
matthew.burke@metro.us

Rick Porcello had one of the more low-key Cy Young Award victories ever last season, as he is still far from a household name. Porcello took another step on Monday toward mainstream relevancy though as he allowed three earned runs, struck out five and gave up six hits in 6.1 innings of work. The 6-foot-5 righty earned the "W" in the Red Sox' 5-3 Opening Day victory over the Pittsburgh Pirates at Fenway Park.

The marquee attraction of the Boston staff, Chris Sale, will get the ball Wednesday night at Fenway when the Sox take on the Pirates in a



Rob Gronkowski swipes the famous "stolen" Super Bowl jersey from Tom Brady prior to the Red Sox game at Fenway Park on Monday. GETTY IMAGES

three-game set.

On Monday, the Boston offense was led by Andrew Benintendi, who belted a three-run home run into the bull-

pen off of Pittsburgh starter Gerrit Cole with two outs in the fifth inning. Benintendi's blast gave the Sox a 5-0 lead as Pablo Sandoval drove

in Jackie Bradley Jr. on an infield single and Dustin Pedroia plated Sandoval with a single of his own earlier in the inning.

It wasn't all roses for the Sox on the day, however, as the bullpen was spotty. Matt Barnes struggled, in particular, allowing

a hit and walking another batter in just a 14 pitch appearance.

Pats steal the show
What a 24 hours for Patriots tight end Rob Gronkowski.

Gronk appeared at WrestleMania 33 in Orlando on Sunday night, bashing pro wrestler Jinder Mahal with a body block in the ring. Monday afternoon, he was present at Fenway Park for the Red Sox' Opening Day ceremonies — and of course, there was "an incident."

Tom Brady showed up wearing his No. 12 Super Bowl jersey that had been stolen, and when Brady raised the jersey over his head — Gronk ripped it out of Brady's hands and began running all over the Fenway Park field. Brady — who isn't exactly Usain Bolt — eventually tracked down Gronk and wrestled him to the ground in the outfield to get his jersey back.

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Peterson not a great fit for Pats

Beyond that the Patriots may be scared off because of Adrian Peterson's bizarre parenting skills is that this generation's best pure running back isn't that great of a receiving back, and isn't much of a pass blocker either.

The Patriots have long preferred backs who excel at catching the football, which is another reason why it's unlikely that Bill Belichick will sign Peterson to a contract despite him meeting with the team on Monday.

Peterson's questionable pass catching skills were a point of contention in Minnesota a couple years back, and despite Mike Zimmer saying that AP "catches the ball good," the RB's numbers in the receiving game have never been overwhelming.

Peterson hasn't been targeted in a season more than 40 times since 2012 when he saw 51 passes thrown his way. He's been targeted 333 times in his career and has caught 241 passes. He has just five



Adrian Peterson met with the Patriots on Monday. GETTY IMAGES

receiving touchdowns in his career and is routinely taken out of the game on third down.

That said, the man who Peterson would potentially be replacing in the Patriots backfield — LeGarrette Blount — isn't exactly Marshall

Faulk either.

Blount was targeted just eight times by Patriots quarterbacks last season and caught just seven balls total. He has just 66 targets in his career and has caught just 46 balls for one touchdown. MATT BURKE

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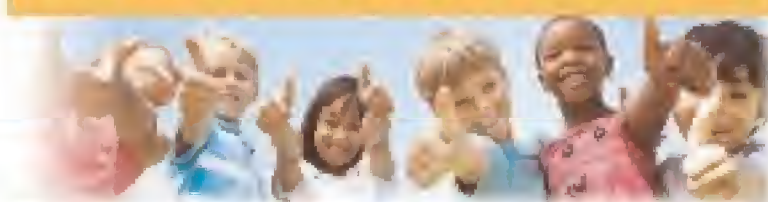


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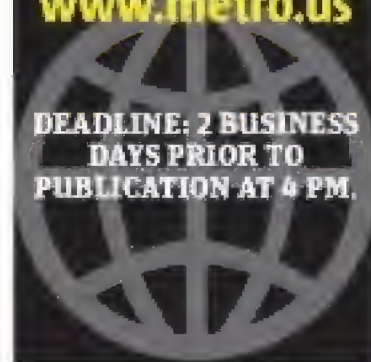
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LEGAL NOTICES

MORTGAGEE'S NOTICE OF SALE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain Mortgage given by Maryanne West to World Savings Bank, FSB, dated September 15, 2004 and recorded with the Suffolk County Registry of Deeds at Book 35555, Page 181; of which Mortgage the undersigned is the present holder for breach of the conditions of said Mortgage and for the purpose of foreclosing same will be sold at Public Auction at 3:00 PM on April 25, 2017 at 25 Greycliff Road, Boston (Brighton), MA, all and singular the premises described in said Mortgage.

TO WIT:

The land referred to in this Commitment is described as follows: The land-in with buildings thereon, now known and numbered as 25 Greycliff Road situated in Boston, Suffolk County Massachusetts, being shown as Lot #33 on "plan of Land in Boston Brighton District, April 11, 1925, by M.O. O'Farrell, Surveyor" recorded in Suffolk Registry of Deeds Book 4667, Page 121, bounded as follows: NORTHWESTERLY by Greycliff Road, formerly Seminary Road, sixty (60) feet; NORTHEASTERLY by Lot #32 on said plan, ninety (90) feet; SOUTHEASTERLY by Lot #19 on said plan, sixty (60) feet; SOUTHWESTERLY by Lot #34 on said plan, ninety (90) feet; BEING the same property conveyed to Maryanne West by Deed Recorded 10/02/96 in Book 22867, Page 258 AND Recorded 04/17/98 in Book 22365, Page 241 Parcel/Tax I.D. # 2205307000 Commonly known as 25 Greycliff Road, Brighton MA 02135

The premises are to be sold subject to and with the benefit of all easements, restrictions, building and zoning laws, liens, attorney's fees and costs pursuant to M.G.L.Ch.183A, unpaid taxes, tax titles, water bills, municipal liens and assessments, rights of tenants and parties in possession.

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NOTICE OF MORTGAGEE'S SALE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain mortgage given by **Aristides G. Chavez and Rosa Chavarria** to Mortgage Electronic Registration Systems, Inc. as nominee for First Horizon Home Loans, A Division of First Tennessee Bank N.A. dated April 17, 2008, recorded at the Suffolk County Registry of Deeds in Book 43409, Page 234; said mortgage was then assigned to Chase Home Finance, LLC by virtue of an assignment dated September 3, 2010; and recorded in Book 46903, Page 261; and further assigned to Secretary of Housing and Urban Development by virtue of an assignment dated July 17, 2014, and recorded in Book 53529, Page 229; and further assigned to U.S. Bank Trust, N.A., as Trustee for LSF9 Master Participation Trust by virtue of an assignment dated March 4, 2015, and recorded in Book 54218, Page 276; of which mortgage the undersigned is the present holder for breach of conditions of said mortgage and for the purpose of foreclosing the same will be sold at PUBLIC AUCTION at 12:00 PM on **May 1, 2017**, on the mortgaged premises. This property has the address of 249 Princeton Street, Boston, MA 02128. The entire mortgaged premises, all and singular, the premises as described in said mortgage:

That land with the buildings thereon situated in that part of said Boston called East Boston and bounded and described as follows: Beginning at a point on the southeasterly side of Princeton Street at the westerly corner of lot numbered eighty (80) on R.H. Eddy's plan of Section 3, East Boston recorded with Suffolk Deeds at the end of libro 401; thence running SOUTHEASTERLY by lot numbered eighty-one (81) on said plan to lot numbered sixty-one (61) on said plan, one hundred (100) feet; thence running NORTHEASTERLY by said lot sixty-one (61) to land deeded by George W. Hargrave to Annie E. Jackson, twenty-five (25) feet; thence running NORTHWESTERLY by said Jackson and by land deeded by said Hargrave to Owen, one hundred (100) feet to said Princeton Street; thence running SOUTHWESTERLY by said Princeton Street, twenty-five (25) feet to the point of beginning. Subject to covenants, conditions, easements and restrictions, if any, of record. DEED HERewith

Subject to and with the benefit of easements, reservation, restrictions, and taking of record, if any, insofar as the same are now in force and applicable. In the event of any typographical error set forth herein in the legal description of the premises, the description as set forth and contained in the mortgage shall control by reference. Together with all the improvements now or hereafter erected on the property and all easements, rights, appurtenances, rents, royalties, mineral, oil and gas rights and profits, water rights and stock and all fixtures now or hereafter a part of the property. All replacements and additions shall also be covered by this sale.

TERMS OF SALE:

Said premises will be sold subject to any and all unpaid taxes and assessments, tax sales, tax titles and other municipal liens and water or sewer liens and State or County transfer fees, if any there are, and TEN THOUSAND DOLLARS (\$10,000.00) in cashiers or certified check will be required to be paid by the purchaser at the time and place of the sale as a deposit and the balance in cashiers or certified check will be due in thirty (30) days, at the offices of Doonan, Graves & Longoria, LLC, ("DG&L"), time being of the essence. The Mortgagee reserves the right to postpone the sale to a later date by public proclamation at the time and date appointed for the sale and to further postpone at any adjourned sale-date by public proclamation at the time and date appointed for the adjourned sale date. The premises is to be sold subject to and with the benefit of all easements, restrictions, leases, tenancies, and rights of possession, building and zoning laws, encumbrances, condominium liens, if any and all other claim in the nature of liens, if any there be.

In the event that the successful bidder at the foreclosure sale shall default in purchasing the within described property according to the terms of this Notice of Sale and/or the terms of the Memorandum of Sale executed at the time of foreclosure, the Mortgagee reserves the right to sell the property by foreclosure deed to the second highest bidder, providing that said second highest bidder shall deposit with the Mortgagee's attorneys, the amount of the required deposit as set forth herein. If the second highest bidder declines to purchase the within described property, the Mortgagee reserves the right to purchase the within described property at the amount bid by the second highest bidder. The foreclosure deed and the consideration paid by the successful bidder shall be held in escrow by DG&L, (hereinafter called the "Escrow Agent") until the deed shall be released from escrow to the successful bidder at the same time as the consideration is released to the Mortgagee, whereupon all obligations of the Escrow Agent shall be deemed to have been properly fulfilled and the Escrow Agent shall be discharged.

Other terms, if any, to be announced at the sale.

Dated: March 21, 2017
U.S. Bank Trust, N.A.,
as Trustee for LSF9 Master Participation Trust
By its Attorney DOONAN, GRAVES & LONGORIA, LLC,
100 Cummings Center Suite 225D, Beverly, MA 01915
(978) 921-2670 • www.dgandl.com
52167 (CHAVEZ A/K/A ARISTIDES CHAVEZ)

4/4/17, 4/11/17, 4/18/17

NOTICE OF PETITION FOR CHANGE OF NAME

Docket No. SU17C0049CA

Commonwealth of Massachusetts

The Trial Court

Probate and Family Court

In the matter of: **Alexandra Natalie Abitbol**
of: **Boston, MA**

To all persons interested in petition described:
A petition has been presented by **Alexandra N Abitbol** requesting that: **Alexandra Natalie Abitbol** be allowed to change his/her/their name as follows: **Alexandra Natalie Aragosta**

Suffolk Probate and Family Court
24 New Chardon Street, Boston, MA 02114
(617) 788-8300

If you desire to object thereto, you or your attorney must file a written appearance in said court at: **Boston** on or before ten o'clock in the morning (10.00 AM) On: **04/20/2017**

WITNESS, Hon. Joan P. Armstrong, First Justice of this Court.


Joan P. Armstrong
Register of Probate

Date: March 23, 2017

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NOTICE OF MORTGAGEE'S SALE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain mortgage given by Shelly Brito to Mortgage Electronic Registration Systems, Inc. as nominee for Full Spectrum Lending, Inc., dated December 14, 2004 and recorded with the Suffolk County Registry of Deeds at Book 36271, Page 173, of which mortgage the undersigned is the present holder by assignment from Mortgage Electronic Registration Systems, Inc. to Bank of New York Mellon FKA The Bank of New York as Trustee for the Certificateholders of CWALT 2005-01CB dated January 4, 2010 and recorded with said registry on September 29, 2010 at Book 46872 Page 349 and by assignment from Mortgage Electronic Registration Systems, Inc. to The Bank of New York Mellon FKA The Bank of New York, as Trustee for the Certificateholders of CWALT, Inc., Alternative Loan Trust 2005-1CB, Mortgage Pass-Through Certificates, Series 2005-1CB dated February 2, 2012 and recorded with said registry on February 13, 2012 at Book 46075 Page 46 and by assignment from The Bank of New York Mellon FKA The Bank of New York, as Trustee for the Certificateholders of CWALT, Inc., Alternative Loan Trust 2005-1CB, Mortgage Pass-Through Certificates, Series 2005-1CB to The Bank of New York Mellon FKA The Bank of New York, as Trustee (CWALT 2005-01CB) dated October 14, 2015 and recorded with said registry on October 20, 2015 at Book 55203 Page 164 and by assignment from The Bank of New York Mellon FKA The Bank of New York, as Trustee for the Certificateholders of CWALT 2005-01CB to The Bank of New York Mellon FKA The Bank of New York, as Trustee (CWALT 2005-01CB) dated August 10, 2016 and recorded with said registry on September 26, 2016 at Book 56629 Page 276, for breach of the conditions of said mortgage and for the purpose of foreclosing, the same will be sold at Public Auction at 3:00 p.m. on April 24, 2017, on the mortgaged premises located at 3-BEAUFORD LANE, UNIT 3, BEAUFORD GREEN CONDOMINIUM, ROXBURY (BOSTON), Suffolk County, Massachusetts, all and singular the premises described in said mortgage.

TO WIT:

The Unit known as Unit No. 3 in the Beauford Green Condominium located in Roxbury, County of Suffolk, Massachusetts and established pursuant to the Massachusetts General Laws, Chapter 183A by Master Deed dated 6/24/90, and recorded with Suffolk Registry of Deeds in Book 16357, Page 72. (The "Master Deed").

Said Unit contains approximately 1082 square feet as shown on the floor plan of the building filed simultaneously with said Master Deed, and on a copy of the portion of the plan attached to the Unit Deed recorded herewith, ("The First Unit Deed") in which is affixed the verified statement of a professional engineer in the form required by Section 9 of said Chapter 183A.

Said Unit is conveyed together with an undivided 3.444 percentage interest in the common areas and facilities of the property ("Common Elements") as described in an amendment to said Master Deed as being attributed to the Unit.

The Unit is conveyed subject to and with the benefit of the provisions of M.G.L. Chapter 183A, and the Master Deed and the Declaration of Beauford Green Condominium Trust recorded in Book 16357, Page 108, all as may be amended. (Collectively the "Condominium Documents").

Together with all rights and easements for the benefit of said unit, as set forth in the Unit Deed to the Mortgagee.

The Unit is intended only for residential purposes.

The post office address of this unit is:

3 Beauford Lane Roxbury, MA

For title see deed recorded herewith.

Said unit is conveyed subject to the following permitted exceptions:

1) The provisions of M.G.L.A. Chapter 183A, the Condominium Documents, and the easements, covenants, conditions and restrictions as set forth in the First Unit Deed all released to above.

For mortgagee's title see deed recorded with Suffolk County Registry of Deeds in Book 36271, Page 171.

These premises will be sold and conveyed subject to and with the benefit of all rights, rights of way, restrictions, easements, covenants, liens or claims in the nature of liens, improvements, public assessments, any and all unpaid taxes, tax titles, tax liens, water and sewer liens and any other municipal assessments or liens or existing encumbrances of record which are in force and are applicable, having priority over said mortgage, whether or not reference to such restrictions, easements, improvements, liens or encumbrances is made in the deed.

TERMS OF SALE:

A deposit of Five Thousand (\$5,000.00) Dollars by certified or bank check will be required to be paid by the purchaser at the time and place of sale. The balance is to be paid by certified or bank check at Harmon Law Offices, P.C., 150 California Street, Newton, Massachusetts 02459, or by mail to P.O. Box 610380, Newton Highlands, Massachusetts 02461-0389, within thirty (30) days from the date of sale. Deed will be provided to purchaser for recording upon receipt in full of the purchase price. The description of the premises contained in said mortgage shall control in the event of an error in this publication.

Other terms, if any, to be announced at the sale.

THE BANK OF NEW YORK MELLON
FKA THE BANK OF NEW YORK
AS TRUSTEE (CWALT 2005-01CB)
Present holder of said mortgage
By its Attorneys,
HARMON LAW OFFICES, P.C.
150 California Street, Newton, MA 02459
(617) 558-0500 • 201509-0203 - PHP

3/28/2017, 4/04/2017, 4/11/2017

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MORTGAGEE'S NOTICE OF SALE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain Mortgage given by Olashtinde Ogunlipo and Adenike Ogunlipo to Mortgage Electronic Registration Systems, Inc., as nominee for Lighthouse Mortgage Company Ltd., its successors and assigns, dated December 31, 2002 and recorded with the Suffolk County Registry of Deeds at Book 52463, Page 191, subsequently assigned to EverHome Mortgage Company by Mortgage Electronic Registration Systems, Inc., as nominee for Lighthouse Mortgage Company Ltd., its successors and assigns by assignment recorded in said Suffolk County Registry of Deeds at Book 46284, Page 253 and subsequently assigned to Green Tree Servicing LLC by EverBank as successor by merger to EverHome Mortgage Company by assignment recorded in said Suffolk County Registry of Deeds at Book 53073, Page 308; of which Mortgage the undersigned is the present holder for breach of the conditions of said Mortgage and for the purpose of foreclosing same will be sold at Public Auction at 10:00 AM on April 18, 2017 at 32 Old Morton Street, Boston (Mortapan), MA, all and singular the premises described in said Mortgage.

TO WIT:

The land and buildings thereon, in Dorchester, Suffolk County, Massachusetts, bounded and described as follows: Beginning at a point on the Easterly side of Old Morton Street at the corner of Lot A and Lot B as shown on said plan, thence WESTERLY by Old Morton Street as shown on said plan, fifty and 00/100 (50.00) feet, thence SOUTHERLY by land now or formerly of Rice as shown on said plan, one hundred thirty-one and 50/100 (131.50) feet, thence EASTERLY by land now or formerly of Girards as shown on said plan, twenty-one and 62/100 (21.62) feet, thence NORTHERLY by Lot A as shown on said plan, forty-one and 50/100 (41.50) feet, thence EASTERLY by Lot A as shown on said plan, fifteen and 50/100 (15.50) feet, thence NORTHERLY by Lot A as shown on said plan, three lines totaling ninety-two and 27/100 (92.27) feet, to the point of beginning. Containing 5,108 square feet of land being shown as Lot B on a plan entitled "Subdivision Plan of Land in Boston, MA (Dorchester District)" dated December 5, 2002, by Toomey-Murphy & Associates, Inc., and recorded at Suffolk County Registry of Deeds herewith. Lot B being a portion of the land of Bowen in a deed recorded at Suffolk County Registry of Deeds at Book 21038, Page 106. Being the same premises as conveyed by deed of LaRosa Development Corporation to be recorded herewith.

The premises are to be sold subject to and with the benefit of all easements, restrictions, building and zoning laws, liens, attorney's fees and costs pursuant to M.G.L.Ch 183A, unpaid taxes, tax titles, water bills, municipal liens and assessments, rights of tenants and parties in possession.

TERMS OF SALE:

A deposit of FIVE THOUSAND DOLLARS AND 00 CENTS (\$5,000.00) in the form of a certified check, bank treasurer's check or money order will be required to be delivered at or before the time the bid is offered. The successful bidder will be required to execute a Foreclosure Sale Agreement immediately after the close of the bidding. The balance of the purchase price shall be paid within thirty (30) days from the sale date in the form of a certified check, bank treasurer's check or other check satisfactory to Mortgagee's attorney. The Mortgagee reserves the right to bid at the sale, to reject any and all bids, to continue the sale and to amend the terms of the sale by written or oral announcement made before or during the foreclosure sale. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The purchaser shall have no further recourse against the Mortgagee, the Mortgagee or the Mortgagee's attorney. The description of the premises contained in said mortgage shall control in the event of an error in this publication. **TIME WILL BE OF THE ESSENCE.**

Other terms if any, to be announced at the sale.

Ditech Financial LLC
fka Green Tree Servicing LLC
Present Holder of said Mortgage,
By its Attorneys,
ORLANDO MORAN PLLC
ITS SUCCESSORS AND ASSIGNS
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15-000974

March 28, 2017, April 4, 2017 and April 11, 2017

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Across

- 1 Woofs
- 5 Them there
- 10 Trapeze artist's act
- 14 Doozie
- 15 Waterloo resident
- 16 Gluck of opera
- 17 Orchard product
- 18 Editor's change
- 20 Strode to and fro
- 22 Web-footed animals
- 23 At great cost
- 25 Sloth's hangout
- 26 Lakeside rental
- 27 Happy sighs
- 28 Falling-out
- 32 Unwelcome obligation
- 33 Blender button
- 35 Kind of salad
- 36 Ceiling
- 37 "She Done - Wrong"
- 38 Arith. term
- 39 Uno y dos
- 41 Road flare
- 43 Lockbox document
- 44 Just average (hyph.)
- 45 "We - not amused"
- 46 Shiny
- 48 Funny Imogene
- 50 Where beaches abound
- 51 Coach Knute -
- 54 Copies
- 55 Not to be trusted

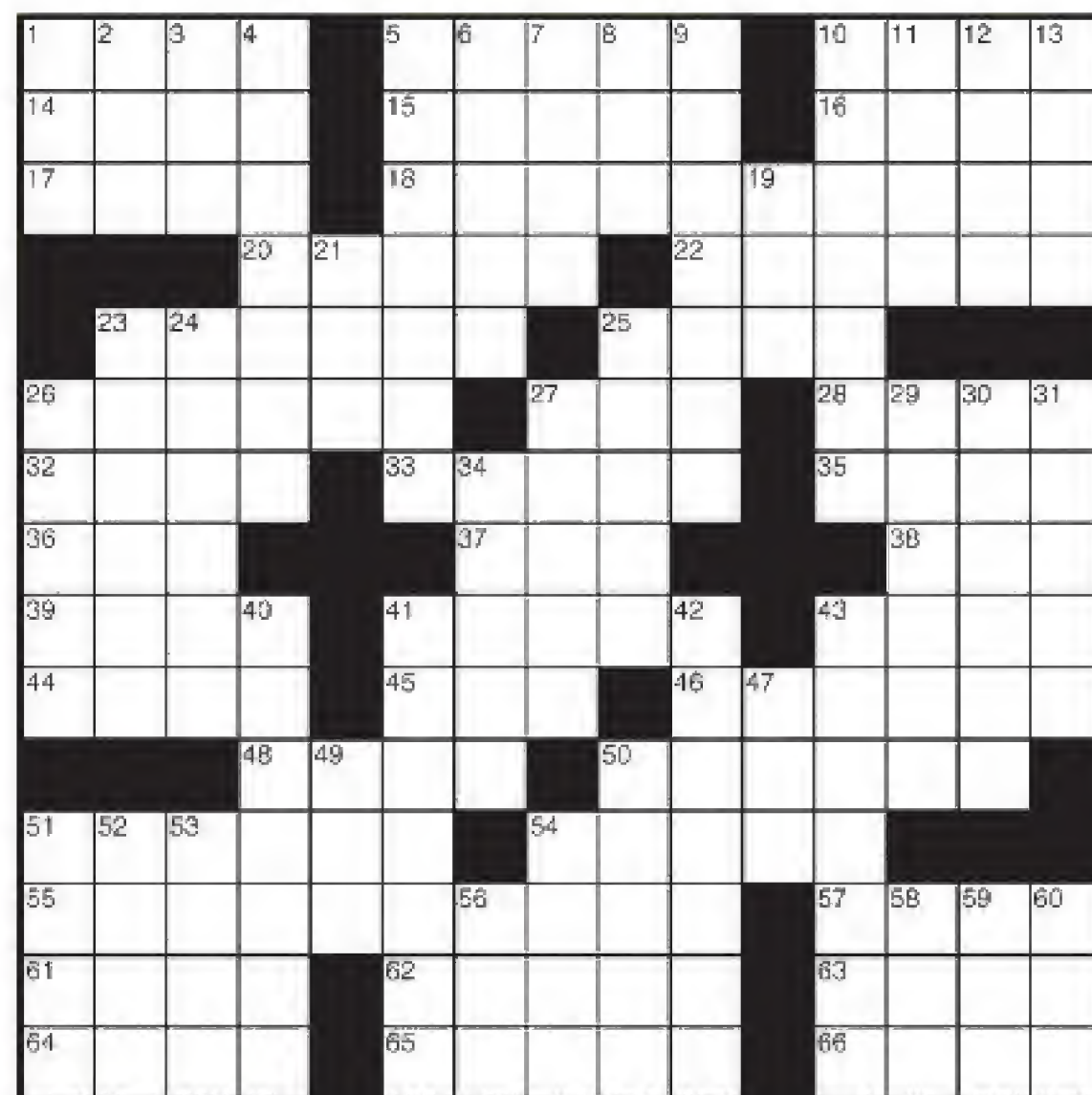
- 57 Yen
- 61 Get by effort
- 62 Boneless fish
- 63 Urn homophone
- 64 Dross
- 65 Paddock youngsters
- 66 Viking letter

Down

- 1 Matterhorn
- 2 Paris street
- 3 Gulf st.
- 4 Outshine
- 5 Man's accessory (2 wds.)

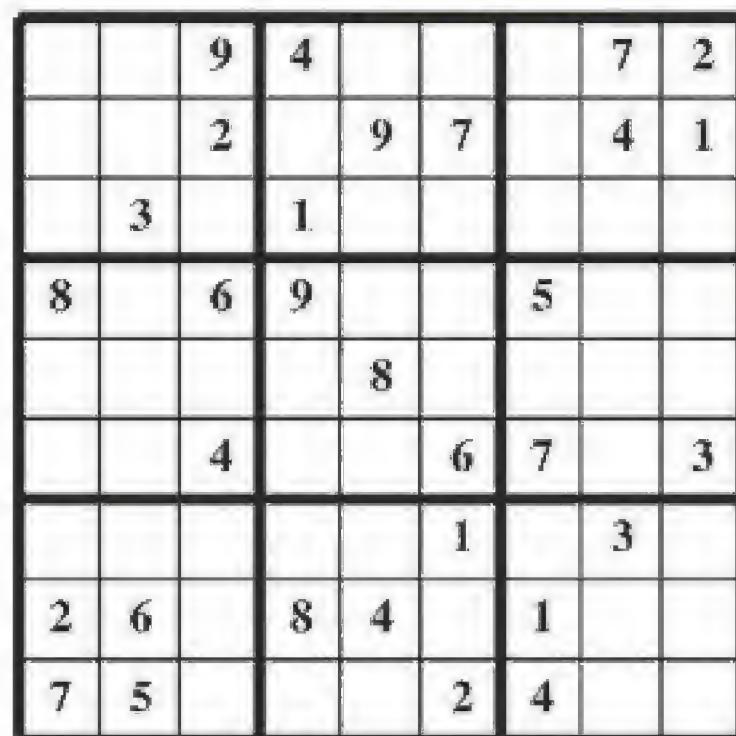
- 6 Comfortable
- 7 Ran up a tab
- 8 Tokyo honorific
- 9 Approve
- 10 Most calory-rich
- 11 - Wiesel
- 12 Julio's love
- 13 Makes into leather
- 19 Wolfed down
- 21 Indiana Jones quest
- 23 "Mad Dog and Glory" star (2 wds.)
- 24 Chopin wrote dozens
- 25 Subject
- 26 Nasty shocks
- 27 Hop out of bed
- 29 Least ruddy
- 30 Gateway
- 31 Winter quaff
- 34 Lieutenant under Kirk
- 40 Walloping
- 41 Hockey game start (hyph.)
- 42 "Me" types
- 43 Spy's file
- 47 Chocolate-colored dog
- 49 Que. neighbor
- 50 Harsh, plus
- 51 Tpk.
- 52 Spoken
- 53 Irene of "Fame"
- 54 Mixer for rum
- 56 Guanabara Bay port
- 58 Play about Capote
- 59 MSNBC rival
- 60 Start of a bray

metro.us/crossword

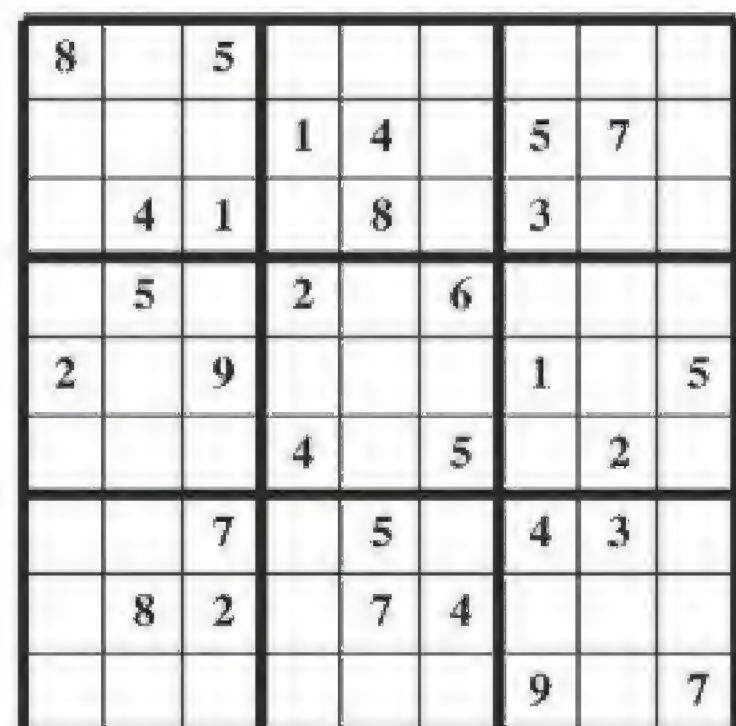


metro.us/sudoku

easy



hard



metro.us/horoscopes



Aries If you desire change, you need to start within. Look for a simple alternative rather than make a big splash. Excess of any kind will be detrimental.



Taurus You will get a push from someone anxious to see you make a decision. Don't act hastily when dealing with matters. Protect against emotional misunderstandings.



Gemini When dealing with investments and negotiations, you need to slow down, tame your emotions and avoid making an impulsive move you will live to regret.



Cancer You'll be led astray by someone from your past. Don't trust someone with your cash, ideas or valuable possessions. Common sense will help eliminate loss.



Leo Don't let the words or actions of others disrupt your plans. Follow through with your intentions. It's what you do, not what you say, that will have the biggest impact.



Virgo Don't put up with anyone trying to separate you from your money. If changes are required, find an efficient way to move forward. Stick to a set budget.



Libra Observe how others treat you and look over any contracts you have with individuals that are falling short of your expectations. Don't live beyond your means.



Scorpio Taking part in challenging activities will be gratifying, but old injuries must be treated cautiously. Know your limitations and win without jeopardizing your health.



Sagittarius Overpaying to compensate for someone else's mistake should not be considered. Offer suggestions, but don't try to fix things on your own. Protect your assets.



Capricorn Refuse to get involved in situations that go against the way you do business. If you don't like the way things are being done, walk away or change the format.



Aquarius If you work hard and stick to your plan, what you accomplish will be yours and yours alone. Don't share personal information. An unexpected bill will set you back.



Pisces You've got the right idea, so don't let anyone mess with your plans. Avoid people showing signs of unpredictable behavior. Protect the people you love. EUGENIA LAST

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